

Lake Shore Middle School Lunch Menu

Grade 6-8 \$1.75 Pre-Pay Full or Reduced Lunches available weekly, monthly or yearly please make checks payable to Lake Shore CSD.

January 2019



Menu is subject to change.

Breakfast Available Daily: Please make breakfast a mandatory part of your day if you are approved for Free or Reduced Lunch; you are automatically approved for Breakfast

Lunch Fact

My Plate Recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange or dark green. They not only taste great but also are good for you.

Reference:

USDA.MyPlate.gov.Internet:http://www.myplate.gov/

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>3</p> <p>Cheese & Pepperoni Flatbread Pizza</p> <p>-----</p> <p>Broccoli 1/2c Green Beans 1/2c</p>	<p>4</p> <p>Grilled Cheese Sandwich w/ Tomato Soup</p> <p>-----</p> <p>Carrots 1/2c Baked Beans 1/2c</p>
<p>7</p> <p>Chicken Nuggets w/Seasoned Rotini</p> <p>-----</p> <p>Green Bean</p>	<p>8</p> <p>Nacho Grande w/Tostitos Chips, Meat, Cheese, Salsa and Seasoned Rice</p> <p>-----</p> <p>Corn</p>	<p>9</p> <p>"Breakfast for Lunch"</p> <p>French Toast Sticks w/Syrup & 1 Sausage and Egg Patty</p> <p>-----</p> <p>Seasoned Tomatoes</p>	<p>10</p> <p>Sweet and Sour Chicken over Seasoned Rice</p> <p>-----</p> <p>Broccoli</p>	<p>11</p> <p>Hamburger or Cheeseburger on a Bun w/Lettuce, Tomato, and Onion</p> <p>-----</p> <p>Vegetarian Beans</p>
<p>14</p> <p>Chicken Patty on a Hamburger Bun</p> <p>-----</p> <p>Corn</p>	<p>15</p> <p>8" Soft Shell Taco w/Lettuce, Cheese and Salsa</p> <p>-----</p> <p>Bean Salad</p>	<p>16</p> <p>Snowman Day Giveaway</p> <p>Spaghetti w/ Meatballs & A Warm Snowman Pretzel</p> <p>-----</p> <p>Green Beans</p>	<p>17</p> <p>Chili w/Cheddar Cheese, WG Crackers and a Warm Dinner Roll</p> <p>-----</p> <p>Carrots</p>	<p>18</p> <p>Grilled Cheese Sandwich w/ Tomato Soup</p> <p>-----</p> <p>Broccoli</p>
<p>21</p> <p>Martin Luther King Day</p> <p>No School</p>	<p>22</p> <p>Taco in a Bag w/Nacho Doritos, Meat, Cheese, Salsa and Seasoned Rice</p> <p>-----</p> <p>Vegetarian Beans</p>	<p>23</p> <p>Pork Chop w/Gravy & Seasoned Rotini Noodles</p> <p>-----</p> <p>Carrots</p>	<p>24</p> <p>Chicken Souvlaki Flatbread</p> <p>-----</p> <p>Broccoli</p>	<p>25</p> <p>Meatball Submarine w/Mozzarella Cheese</p> <p>-----</p> <p>Corn 1/2c Green Beans 1/2c</p>
<p>28</p> <p>Chicken Nuggets w/Pasta Salad</p> <p>-----</p> <p>Broccoli</p>	<p>29</p> <p>8" Taco w/Lettuce, Cheese and Salsa</p> <p>-----</p> <p>Bean Salad 1/2c Green Beans 1/2c</p>	<p>30</p> <p>Hamburger or Cheeseburger on a Bun w/Lettuce and Tomato</p> <p>-----</p> <p>French Fries</p>	<p>31</p> <p>Seasoned Baked Chicken w/Seasoned Rotini Noodles</p> <p>-----</p> <p>Carrots</p>	

Offered Daily

With all School Lunches:

Fresh Fruit (served by the piece = 1/2c)
Or Prepared Fruit (served by the 1/2c portion)
Vegetables (served by the 3/4c portions unless otherwise noted)

(Must take 1/2 cup of Fruit or Veggies)
(May take 1 cup)

Non or Low Fat White or
Non Fat Chocolate Milk available daily

We serve the following Items Daily

PBJ (2M & 2G) Subs (2M-2G)
Yogurt Parfait w/Flatbread (2M-2G)
Julienne Salad w/Toppings Bar (2M-2G)
Fresh Baked
Cheese & Pepperoni Pizza or a Specialty Pizza of the Day
(2M-2G)

Start With a:

- Vegetable
- Fruit (or take both)
- Choose Whole Grains
- Pick a lean Protein
- Add serving of milk

Take at Least 3